



Shrimp, Fennel, and Orange Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 fennel bulb thinly sliced
- ☐ 0.3 cup fennel seed
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.5 pound shrimp fresh unpeeled
- ☐ 0.3 cup kosher salt
- ☐ 0.3 cup olive oil

- ☐ 0.5 cup orange juice
- ☐ 2 oranges peeled
- ☐ 0.3 cup rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 1 quart water

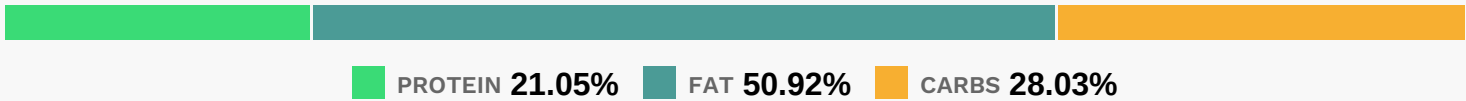
Equipment

- ☐ bowl

Directions

- ☐ Bring water and next 4 ingredients to a boil; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain, and rinse with cold water. Peel and devein shrimp; chill.
- ☐ Stir together rice vinegar and next 3 ingredients in a medium bowl. Set aside.
- ☐ Combine fennel, oranges, chives, and shrimp.
- ☐ Add dressing mixture; toss well. Cover and chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:74.63, Glycemic Load:5.43, Inflammation Score:-7, Nutrition Score:15.281304364619%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 255.12kcal (12.76%), Fat: 15g (23.08%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 12.68g (4.61%), Sugar: 11.11g (12.34%), Cholesterol: 91.29mg (30.43%), Sodium: 7261.88mg (315.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.91%), Vitamin C: 59.44mg (72.05%), Vitamin K: 46.95µg (44.71%), Manganese: 0.57mg (28.4%), Fiber: 5.91g (23.63%), Copper: 0.41mg (20.62%), Potassium: 685.31mg (19.58%), Phosphorus: 195.75mg (19.57%), Calcium: 177.47mg (17.75%), Vitamin E: 2.58mg (17.22%), Magnesium: 65.77mg (16.44%), Iron: 2.11mg (11.74%), Folate: 46.13µg (11.53%), Vitamin A: 562.23IU (11.24%), Zinc: 1.21mg (8.08%), Vitamin B1: 0.12mg (7.77%), Vitamin B6: 0.12mg (6.05%), Vitamin B3: 1.08mg (5.42%), Vitamin B2: 0.08mg (4.74%), Vitamin B5: 0.36mg (3.61%), Selenium: 0.92µg (1.32%)